

Location: Korte Recreation Center

Dates: Saturday, January 14th Power Hour Saturday, January 28th for Youth (9-17) Saturday, February 11th for Adults

Time: 10:00am - 12:00pm

Fee: Members \$12 Non-members \$14

Registration Deadline: Wednesday prior to the clinic

This program is for recreational and fitness lap swimmers interested in improving their technique and efficiency of their lap swim strokes.



